

Vegetarian Spaghetti Sauce

Makes: 6 servings

Ingredients

2 tablespoons olive oil

2 onion (small, chopped)

3 garlic clove (chopped)

1 1/4 cups zucchini (sliced)

1 tablespoon oregano (dried)

1 tablespoon basil (dried)

1 can tomato sauce (8 oz)

1 can tomato paste (6 oz)

2 tomatoes (medium, chopped)

1 cup water

Directions

1. In a medium skillet, heat oil. Saute onions, garlic and zucchini in oil for 5 minutes on medium heat.

2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Source: National Heart, Lung and Blood Institute (NHLBI), Dash Eating Plan: Lower Your Blood Pressure

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	430 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	